

News Briefs

Estate claim

Anyone having claims against the estate of Special Agent Lindsey Ferris, Air Force Office of Special Investigation Detachment 518, can call 1st Lt. Teresa Rini at 452-5829 or e-mail her at teresa.rini@spangdahlem.af.mil.

Tricare Dental price change

The cost of the Tricare Dental Plan has changed. The active duty single family member plan now costs \$10.51 and the plan for more than one family member costs \$26.27. Visit www.tricare dental program.com for details.

Wing annual award banquet

The 52nd FW annual awards banquet is Feb. 25 at 6 p.m. in the Club Eifel ballroom. The cost for E-5 and above is \$24 and E-4 and below is \$19. Non-club members pay an additional \$1. Tickets can be purchased through first sergeants through Feb. 17.

WAPS test dates available

Promotion testing to technical or master sergeant takes place Wednesday to March 31. All members eligible to test for grades E-6 or E-7 should have received their test dates from their commander support staff. Members can check their test eligibility by visiting http://www.afpc.randolph.af.mil/eprom/Informations/waps_ec_oct04.doc. Members who recently returned from deployment to OEF or OIF are entitled to 60 days access to their study materials before testing. Also, members are encouraged to review the Weighted Airman Promotion System Catalog at <https://www-r.omsq.af.mil/TE/WAPSCAT.pdf>.

Reserve office located on base

People interested in the Air Force Reserve can visit Master Sgt. Chris Novinger in the Air Force Reserve office, located in Spangdahlem AB building 131, Room 215, or call her at 452-6522.

Career Assistance Advisor wanted

The 52nd Mission Support Squadron seeks a highly motivated master sergeant to serve as the Spangdahlem AB Career Assistance Advisor for two years. The reporting date is March 6. Specific duties are outlined in Air Force Instruction 36-2624. Applicants should submit a unit commander letter of recommendation, a targeted military résumé and copies of their last five enlisted performance reports to the 52nd MSS commander by Wednesday. Call Capt. Rick Gearhart at 452-6148 for more information.

Post offices closed for training

The Spangdahlem AB and Bitburg Annex Post Offices are closed for training today. The offices are also closed Feb. 20 in observance of President's Day.

Life in the 'Fasch' lane

It's that time of year of again ...

Read "Fasching parades, parties highlight pre-Lentini season" on Page 7.



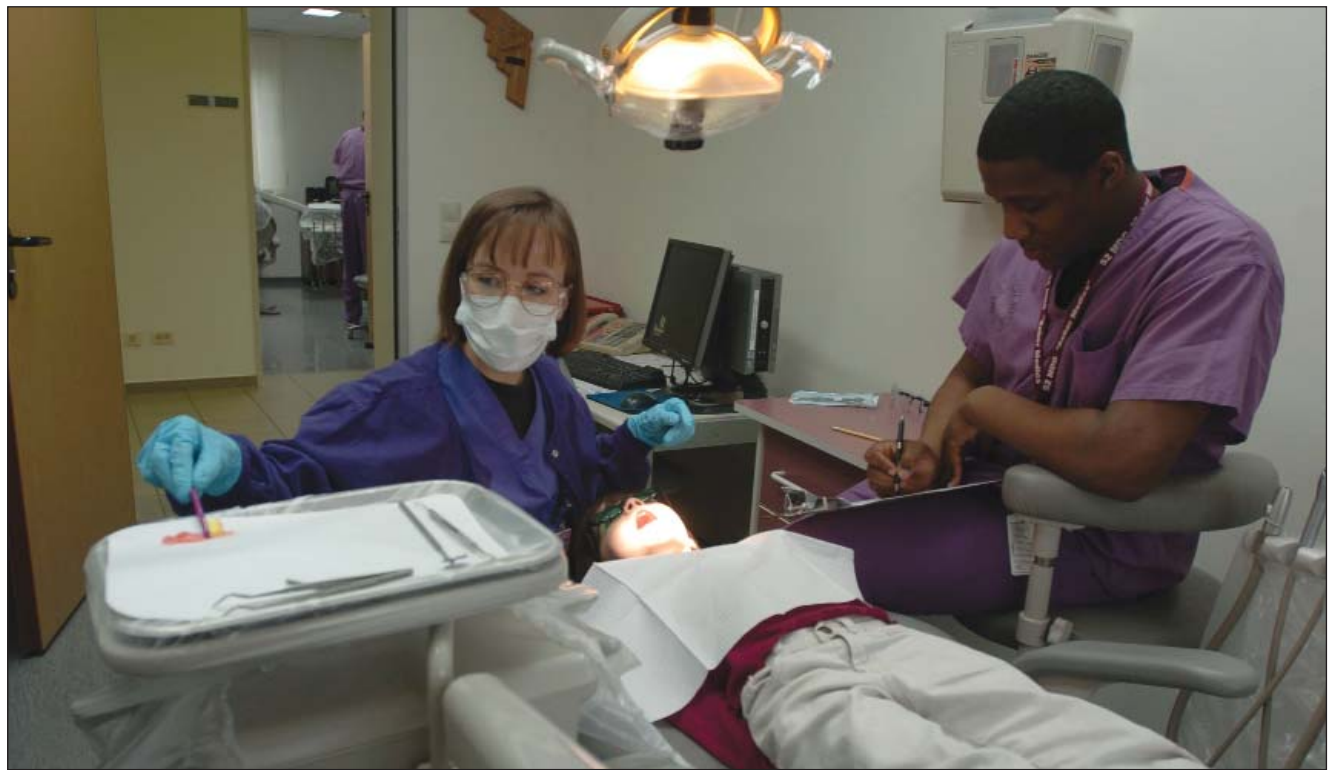
Eifel Times

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Senior Airman Eydie Sakura

Tooth be told

Nikki Kelly, 5, daughter of Airman 1st Class Coley Duncan, 52nd Civil Engineer Squadron, gets her teeth cleaned and charted by Lt. Col. (Dr.) Julie Collins, 52nd Dental Squadron pediatric dentist and Airman 1st Class Taurean Gardner, 52nd DS dental technician at the Bitburg Annex Dental Clinic Tuesday. February is National Children's Dental Health Month aimed at promoting dental health at a young age. NCDH month is sponsored by the American Dental Association. It is intended to reach children at an early age to teach them, in a fun fashion, the importance of good oral hygiene, diet and their impact on avoidance of cavities and oral cancer. Read more about pediatric dentistry on Page 2.

New transportation training center opens at Spangdahlem

By Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

A new transportation training center, only the second of its kind in the Air Force, opens its doors here in March.

Col. Dave Goldfein, 52nd Fighter Wing commander, will preside over the European Transportation Training Center (ETTC) grand opening ceremony. Lt. Gen. Robert Bishop Jr., U.S. Air Forces in Europe vice commander, will be the guest speaker.

"The ETTC will initially provide accredited advanced technical training for vehicle maintenance and management career fields," said Master Sgt. Joseph Oswald, 52nd Logistics Readiness Squadron vehicle maintenance superintendent.

Sergeant Oswald said the center's ultimate vision is to eventually provide advanced training for all transportation career fields.

"The opening of the center means every USAFE unit, no matter how far from Germany, will have access to advanced vehicle maintenance training," he said.

The opening of the ETTC also provides greater opportunities for vehicle maintainers to earn an advanced degree. Currently, ETTC officials are coordinating the accreditation of all courses with the Community College of the Air Force. Final CCAF accreditation is expected in the very near future.

The ETTC is similar to the Pacific Air Forces Transportation Training Center (PTTC) at Kadena Air Base, Japan, Sergeant Oswald said. Both centers offer in-theater certified training to vehicle maintainers. However, the major difference between the ETTC and PTTC lies in how funding for student attendance is provided.

"Funding for students traveling to Kadena (AB) to attend the PTTC comes from their home unit, while funding for students attending the ETTC will be programmed with ETTC funds," said Master Sgt. Troy Saunders, 52nd LRS ETTC superintendent.

"As such, the savings in training costs will definitely broaden accessibility to the training center," Sergeant Saunders said.

On a local level, training savings will be significant.

"The ETTC can save the 52nd Fighter Wing up to \$40,000 annually in temporary duty training costs," said Alvin Darby, ETTC director. "Since the training will be conducted at Spangdahlem (AB), the TDY cost for the 52nd LRS vehicle maintainers is zero." Mr. Darby added that the ETTC will allow up to eight 52nd FW members to attend each class, as opposed to one person per class if sent to the Air Education Training Command's U.S. training program.

Within USAFE, the entire cost savings is approximately \$450,000 in travel and per diem costs annually. Additionally, the proximity of the ETTC allows substantially more students to receive technical training.

Specifically, the ETTC will increase training accessibility by more than 400 percent without an increase in a unit's training budget.

"The school will initially produce 180 graduates each year through in-resident attendance and mobile training teams," Sergeant Oswald said. In 2005, major command vehicle branch headquarters reports cite only 38 USAFE vehicle maintainers graduated from AETC courses stateside.

"This program is significant in terms of flexibility," said Senior Master Sgt. James Turner, USAFE A4 Command Vehicles Fleet Manager. "With the ETTC, we can change our curriculum to adapt to the technology emerging in newly manufactured vehicles."

Sergeant Oswald said the ETTC will begin with advance vehicle maintenance courses ranging from diesel engine rebuild to steering, suspension and brakes.

"We're working closely with CCAF to modernize the curriculum and focus on advanced technical training based on feedback we've received from Air Staff and U.S. Central Command Air Forces," Sergeant Oswald said. "The instructors are fully qualified to carry out this training."

The school staff consists of prior career field instructors who have been awarded their CCAF in Military Technical Instruction, added Sergeant Oswald.

RESCON Watch

DELTA

4+ DUIs in the Last 30 Days

Days since last DUI: 6

Rank of last DUI: staff sergeant
Squadron of last DUI: 52nd CES

Large unit with best record: 52nd Communications Squadron, 398 days
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

Commitment to caring



Master Sgt. David Underwood

RAMSTEIN AIR BASE, Germany -- Gen. Tom Hobbins, U.S. Air Forces in Europe commander, and Chief Master Sgt. Gary Coleman, USAFE command chief master sergeant, sign Air Force Assistance Fund forms in support of this year's Air Force Assistance Fund "Commitment to Caring" campaign from Feb. 13 to May 5. AFAF provides Airmen the opportunity to contribute to any of four official Air Force charitable organizations.

DUIs bump Team Eifel back to RESCON Delta

By Amber Christiansen
52nd Security Forces Squadron

Team Eifel received three DUIs this past week. There was also one major wreck and 15 minor accidents this week.

The first DUI was a local national stopped at the main gate on the way to work for 52nd Civil Engineer Squadron. The breathalyzer test showed a reading of .179.

The second DUI is a family member from the 52nd Security Forces Squadron, who was detected at the intersection of L-39 and L-46 heading toward Herforst. The breathalyzer test showed a reading of a .180.

The third DUI is a staff sergeant from the 52nd CES, who was caught by Wittlich Polizei. The breathalyzer test showed a reading of .116.

The major accident occurred on base, citing failure to yield as the cause of the wreck. There was disabling damage to the vehicle and no injuries were reported.

Team Eifel members were involved in 15 minor wrecks this week: one from speed too fast, three from improper backing up, seven for inattentive driving, one for following too closely, one was caused by other at fault and two from wildlife accidents.

President signs law against human trafficking

Special
from
USAFE



RAMSTEIN AIR BASE, Germany (USAFENS) -- The President of the United States signed into law the Trafficking Victims Protection Reauthorization Act of 2005, Jan. 10, 2006. This is the latest effort in the U.S. Government's "Zero Tolerance" policy toward human trafficking. Any employee of the Federal Government faces fines, mandatory restitution, and up to 20 years imprisonment for knowingly taking part in, patronizing, or simply tolerating trafficking networks.

"Human trafficking is an offense against human dignity, a crime in which human beings, many of them teenagers and young children, are bought and sold and often sexually abused by violent criminals," President George Bush said at the White House before signing the bill. "Our nation is determined to fight and end this modern form of slavery."

Human trafficking is the illegal practice of procuring human beings for unpaid work in physically abusive settings and locations from which they are not allowed to leave. Trafficking in persons is the third largest criminal activity in the world, after illegal arms and drugs sales.

The act goes hand in hand with Executive Order 13387 signed by the President Oct. 14, 2005. Among other changes to the law, the order expands the Uniform Code of Military Justice to specifically criminalize patronizing a prostitute. Patronizing a prostitute is punishable by a Dishonorable Discharge, confinement for 1 year, reduction in grade to E-1 and forfeiture of all pay and allowances.

The UCMJ change will mean little difference for the day-to-day lives of U.S. Air Forces in Europe Airmen, said Maj. Charlotte Liegl-Paul, a military justice attorney with Headquarters U.S. Air Forces in Europe. Prior to the order, the UCMJ already criminalized prostitution and "pandering;" accepting money in exchange for sex; compelling, inducing, enticing, or procuring a person to have sex in exchange for money; or receiving money for arranged sex.

Military personnel are subject to UCMJ jurisdiction 24-hours a day, 7-days a week, while on or off duty, while on or off a military installation, and worldwide. However, the majority of U.S. laws do not extend to military dependents, and DoD civilians or civilian contractors overseas, making it difficult for the U.S. to enforce rules against trafficking.

However, for U.S. civilians, the Military Extraterritorial Jurisdiction Act, passed in 2000, made serious crimes committed abroad punishable as if they were committed in the U.S. The act essentially ensures that DoD civilians and civilian contractors are governed by U.S. law even

when operating in lawless regions of the world.

The Reauthorization Act of 2005 specifically makes punishable trafficking in persons offenses committed by persons employed by or accompanying the Federal Government outside the U.S. Bottom line—even when overseas, you're still under the jurisdiction of the U.S., the major said.

Since many people don't fully comprehend the magnitude of the human trafficking industry, DoD has established a new training program clarifying what human trafficking is and what the implications are of becoming involved, said Robert Wisher, DoD's director of advanced distributive learning.

According to Teresa Beasley, the USAFE chief of sexual response and prevention, the computer based training program is already in place here in USAFE. The 30-minute Trafficking in Persons Basic Awareness Training program focuses on the phenomenon, cause, and prevention of human trafficking as well as the legal consequences and enforcement.

"This annual training is mandatory for all military members, DoD civilian employees and contractors," said Ms. Beasley. "Family members are also affected by the changes to the law. However, at this time the training is not accessible by family members. We will rely on the sponsor to pass along the information gained from the training program."

The overall goal of the training is to change people's attitudes about prostitution and human trafficking and make them realize the victim's side of the story, said Robert Wisher, DoD's director of advanced distributive learning.

"We change attitudes through gripping stories based on actual accounts of what the victims go through," he said.

DoD is also developing a separate training module for commanders about what to do when incidences of human trafficking are reported and a module for investigators about how to handle the reports, Wisher said.

Human trafficking became an important issue for DoD because of the many overseas military units in countries where human trafficking is rampant, such as Korea, said John Awtrey, directory of law enforcement policy and support for the undersecretary of defense for personnel and readiness.

To access the computer based training program log on to <https://devweb.usafe.af.mil/> or contact your unit training manager.

Editor's note: Information for this story was contributed by American Forces Press Service.

Team Eifel celebrates National Children's Dental Health Month

By Airman 1st Class Allen Ransaw
52nd Dental Squadron

February is National Children's Dental Health Month, and the 52nd Dental Squadron has tips and answers to the questions that people have about maintaining a healthy smile for their child.

Parents often asked the question of how to properly take care of their children's teeth. The 52nd DS at Spangdahlem Air Base has all the answers to these questions and is here to help keep children's teeth healthy and cavity-free.

When to start brushing a child's teeth

People should start cleaning their children's teeth as soon as the first tooth appears, and it is recommended they use a washcloth or a children's soft toothbrush. As children get older, pay close attention to how much toothpaste they are using.

The majority of children's toothpaste uses a variety of flavors and cartoon characters to appeal to children, but keep in mind that most of these contain fluoride. Fluoride strengthens teeth when used in small amounts but can cause tooth damage or even make a child ill if too much is ingested.

Using a small pea-size amount of toothpaste and encouraging a child to "spit it out" will reduce the risk of a child swallowing too much fluoride.

When to start flossing

One of the most important parts of good dental hygiene is flossing. People can begin flossing once a child is about two or three years old. Most children at this age have problems with flossing, so be sure to help the child by demonstrating various techniques to get in those hard-to-reach areas.

When to visit the dentist

A child should have a "well baby" dental exam by one to two years of age. This first visit is an important social and developmental milestone and it sets standards for dental care that will stay with the child throughout his or her life. This exam will identify any potential warning signs and is an opportunity to educate and answer common questions.

Parents should foster an image of the dental staff as friends who will help children and adults take care of their teeth and gums. The first dental visit should be a positive, non-threatening experience.

To learn more about flossing techniques and children's dentistry, call the 52nd DS at 452-8193.

Flouride supplements

By Airman 1st Class James Martineau
52nd Dental Squadron

Off-base water supplies have no fluoride added to it, and only contain naturally occurring fluoride at very low levels which is not sufficient to make a difference in the protection of teeth. The water on-base is fluoridated, but most people on base are either filtering their water or buying bottled water for drinking. Because filtering water may remove fluoride and bottled water contains no fluoride unless specifically marked, the children need fluoride supplementation.

Fluoride supplementation should be done correctly in order to avoid fluorosis. Fluorosis is a tooth defect that occurs when too much fluoride is consumed while teeth are developing. This defect usually causes teeth to have a chalky white or brown stained appearance.

In order to avoid fluorosis, the dental clinic discourages the use of fluoride supplements in the form of drops or pills because of their potency. It is also difficult to keep track of how much fluoride each child has already consumed from canned or processed foods and beverages. Instead, parents are encouraged to buy fluoridated bottled water instead of non-fluoridated. Children are encouraged to drink fluoridated water because the fluoride will bond to their developing teeth and make them more resistant to cavities.

Parents are also encouraged to begin using fluoride toothpaste for children over the age of two. It is important that parents look for the American Dental Association seal of approval when choosing the correct toothpaste. This will ensure that the sweetener used in the children's toothpaste will not cause damage to the teeth.



Staff Sgt. Jennifer Lindsey

Top Saber Performer

Name: Staff Sgt. Jeremy Traugher
Unit: 726th Air Mobility Squadron
Duty title: Air transportation craftsman
Hometown: LaBarge, Wyo.
Years in service: 10
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Traugher is the night shift supervisor for aircraft services and is lead for the squadron's joint inspection team to ensure all cargo is certified for air shipment.
Off-duty volunteerism and professional development pursuits: Sergeant Traugher plays on the Spangdahlem AB intramural bowling team and is working on completing his Community College of the Air Force degree by the end of this year.
What do you do for fun? I like anything that has to do with the outdoors,

especially fishing.
What do you like most about being stationed here? I like the laid-back country atmosphere, which reminds me of home. However, here there are many more historical sites to see and more travel opportunities.
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I would like to see the back (contractor gate) open for privately-owned vehicles to enter the base. This would save a lot of traveling time for Binsfeld and Speicher residents.

Saber connect



Senior Airman Eydie Sakura

First lieutenant Judy Sloan, 52nd Equipment Maintenance Squadron section commander, chats with Col. Dave Goldfein, 52nd Fighter Wing commander, as part of the Commander's Mentorshop Program last month. A Rockwall, Texas, native with 12 years of Air Force service under her belt, Lieutenant Sloan cited her eight years of experience as a medical laboratory technician and instructor and A-76 program analyst at 12th Operations Support Squadron as an adjutant and executive officer as noteworthy accomplishments.

Congratulations to the 52nd Fighter Wing Chapel!

The Saber chaplains did a divine job in 2005 to earn the U.S. Air Forces in Europe Outstanding Medium Chapel Organization of the Year Award. Way to go!



Eifel Salutes

52nd Operations Group

Get a life (support award) ... The 22nd Fighter Squadron has selected **Airman 1st Class Matthew Chambers** as the 52nd Operation Group's Life Support Airman of the Year. Way to go!



52nd Maintenance Group

A big "round" of applause goes to **Staff Sgt. Michael Carter**, who inspected and processed about 15,000 rounds of 30 millimeter ammunition, which directly supported more than 1,000 pilot proficiency training sorties. **Tech. Sgt. Keith Varnado** gets an "A" for Operation Constant Effort, where, during his three-month deployment, he led as an equipment maintenance squadron supervisor a team of 15 technicians from eight career fields. Setting the Saber standard with "electrifying" results is **Master Sgt. Chuck Shock** and his loading standardization crew **Tech. Sgts. Richard Lewis, Tom Landenberg, Dana Sawyer, Reuben Wood, Kirk Staadt and Mike Robinson**, who train and evaluate 42 assigned weapons load crews on a daily basis.

38th Munitions Maintenance Group

The "great" **Staff Sgt. Heidi Alexander** trains and keeps records of all custodial forces at Kleine Brogel Air Base, Belgium. As the 701st Munitions Support Squadron security forces trainer and scheduler, she ensures more than 130 people are where they need to be for all required police training and appointments.

52nd Medical Group

Capt. Jennifer Olson and **Staff Sgt. Christopher Endres** each get a blue ribbon for keeping track of all the details to coordinate a successful ribbon cutting ceremony for the new emergency room. Where there's a William there's a way ... **Staff Sgt. William Zachry** ensured a smooth return for wing medics downrange. Three cheers for

Breeding's briefings ... **Senior Airman Stephanie Breeding** did an excellent job briefing 52nd MDG newcomers about medical readiness. The stork would be very proud of **Staff Sgt. Andrea Campbell** and Red Cross volunteer **Alison Lanktree**, who each happened to be at the family care center when two women in labor were about to deliver their babies within one minute of each other. Without hesitation, Sergeant Campbell and Ms. Lanktree jumped in to assist -- and each was instrumental in the safe delivery of two healthy infants.

CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations: **Staff Sgt. Marisol Melendez**, 52nd Services Squadron, 90; **Senior Airman Shannon Hause**, 52nd Logistics Readiness Squadron, 90; **Senior Airman Jason Randall**, 52nd Component Maintenance Squadron, 92; and **Airman 1st Class Jacob Shoup**, 52nd Equipment Maintenance Squadron, 93.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Eydie Sakura

Top Saber Team

Unit name: 52nd Component Maintenance Squadron Aircraft Fuel Systems Repair Section
Unit responsibilities: The section members remove, repair, install and troubleshoot aircraft fuel system components and subsystems, including the wing's 68 assigned A-10 and F-16C/D aircraft emergency power unit systems.
Number of members: 37
How does the team fit into the 52nd FW mission? It is the sole provider of the wing's A-10 and F-16 C/D aircraft fuel system related maintenance in support of all wing, major command and NATO taskings. In addition, the section provides the sole F-16 aircraft hydrazine re-supply support for the wing, 31st Fighter Wing, Italian air force, U.S. Central Command and U.S. European Command through the Air Force's only hydrazine Centralized Intermediate Repair Facility. Furthermore, the section inspects and repairs more than 150 aircraft external fuel tanks, ensuring their availability for deployments, thusly providing aircraft extended flight time and range capability.
Team's other contributions through the year? Three section members are currently deployed to Nellis Air Force Base, Nev., in support of Red Flag. Additionally, four section members recently returned from a four-month deployment in support of NATO's Baltic Air Police mission. Another notable accomplishment was the outstanding repair and inspection of assigned A-10 and F-16 C/D aircraft external fuel tanks. The section's maintenance efforts increased the aircraft external fuel tank serviceability rate from 82 percent to more than 92 percent.

Saber Sweethearts

Cupid's arrow strikes Team Eifel members

Todd,
I am so glad you made it home for Valentines Day!! Thank you for being my best friend. I love you so very much. You continue to surprise me everyday. I feel so lucky to have you. Love, Steph

To my sweet Valentine Colleen,
Your love, support, and strength will help me get through the next year while with Tops in Blue. I love you, miss you and will always need you. You ARE the greatest!
Your husband Mike

Hey Big Guy,
God only knows what I'd be without you ... I look forward to our next 17 together, only this time let's omit the June bugs and the 'ol "blue bomber!" Love you madly back 'atcha,
Your little Babushka

Dear Ruby Gloom,
Know that you'll always be my sunshine. No matter how stormy our relationship may seem. I love you!
Your "pain-in-the-butt" Mom

Dear Victoria,
You are the best thing that has ever happened to me and I fall deeper in love with you with each passing day. Love, Dan

Bob -- my best friend,
I'd marry you all over again
Christina, Daniel & Katie -- three fantastic kids, Thank you for being you!
Sandi/Mom

James,
As you have become a father, I have fallen in love with you all over again. I love and admire you deeply; you are the perfect husband for me and father for Ellie. Thank you. Love always,
Your Permanent Girlfriend

John,
I am so very happy to be spending Valentines Day in your arms. After being away the last four months I couldn't ask for anything more. I love you with all my heart.
Sara

Grumpy Butt,
Can you believe it has been almost 13 years? I don't tell you nearly enough, but I still love and desire you as much as the day we married. Thanks for tolerating me and being such a good father to our children. G.P.

To My Valentine, My Husband, My Friend, and the Best Daddy ever!!!
Thank you for being who you are ... I am so proud to be your wife. You are my Valentine forever! We love you so much!! All Our Love to you!!!
Happy Valentine's Day!!!
Lovenia, Aubren, Liberty & Juls

No one else will understand how still after so many years
You are the one I want to share my laughter and my tears
Seventeen years of wedded life and love I've shared with you
Happy Valentine's Day dear **Shona**;
Sierra and Cassidy too!
Michael

Anthony,
You are the one I can't wait to see at the end of a long day ...
You are the one who is there for me when things don't go my way ...
And as time passes I Love you more with every day.
Love, Jamie

Dear DanMan,
After 17 years, four children, 18 countries and four continents, You may drive me crazy but I'm still content.
And although your coffee songs don't always rhyme,
I'll still love you for all time.
Shellbell

Brandy,
I now know that angels from heaven walk among us...you have showed me how to live, love and laugh again. I love you more than all the stars in the sky and the fish in the sea...how much do you love me?
Dave

Chris,
I love you and I can't wait to start my life w/you!!
Love your one and only

To My Wife Guadalupe Gonzalez
10 Years of Marriage and my love for you is stronger than ever before, I'll love you forever and always to the end I can't live without you cause you're my best friend. Happy Valentine's -- I love you Sweetheart. Your loving Husband, Jorge Gonzalez

Sweetpea,
To the only woman I could ever love, you are a blessing from God and my soulmate. I love you more than life itself and I can't wait to spend eternity with you. Dink

Boo-Bear,
You are such a blessing to me and are growing into a beautiful young woman. I love you and I thank God for you everyday.
Happy Valentines Day! Daddy

#3 Buggles,
To my youngest valentine, I'm so thankful that God blessed me with a daughter like you. I love you more than you'll ever know.
Happy Valentines Day! Daddy

Honey,
Thank you for loving me no way any-one has ever tried. Thank you for knowing all the little things that mean so much to me and everything I am becoming because you are in my life. And, don't forget that love can cover all wrongs!
Love, Charlotte

To My Wife Ashley,
I LOVE YOU. I know I don't say it enough, but I really do.
Love, Rich

Major K. Cape,
Just wanted to say Happy Valentine's Day 2006. Hope you are enjoying Germany, and can't wait for you to get back to the States.
Try to stay warm, and safe.
THHWK. Love You. Sammy

EM,
Thanks for being my valentine, after all these years. Hi-5, 7895.
Love, B

Happy Valentines Day to my beautiful wife **Julia** and my three beautiful daughters: **Aubren, Liberty** and **Lovenia**,
You girls are my world!!!
Love, Daddy

Dagmar,
Home or away, I think of you every day. As my friend and wife, I can handle anything in life. Our time together couldn't have been more sweet, we know now the joy of the pitter-patter of little feet! The moment our son appeared, I will hold close to my heart, and remember the best part. You looked into my eyes and said "I love you so much!" Dagmar, you still make my heart rush.
Happy Valentine's Day!

Beebo,
I love you TRULY, MADLY and DEEPLY!! I am proud of EVERY-THING you do for this family!
Love, Your Wife

Dear BLHH,
Just want you all to know, your Momma loves you so. I prayed for each and every one, I prayed to God so you would come. You fill my life with lots of love, laughter, mischief, pride, and hugs. Love, Momma

Honey,
You've been my Valentine for 18 years and I want you to be my Valentine for the rest of my life. I love you, you're my MAN.
Yours forever, Tanja (Poopie).

The WITCH inside my heart,
Snow fall down. In my frozen present I can only close my eyes and tell you ... now my soul is melt and I see flowers that you have colored inside of me. Just one spell my Witch, stop this snow.
-The Vampire-

Marianne,
Mom I would like to say thank you for all the things you do for me. I thank you for listening to my problems. I thank you for being there when I have peer issues. I thank you for being there when I need a friend to talk to. I thank you for caring. I thank you for always being there when I need you. I so very proud of you and all that you are doing for me. I love you so very much, you're the greatest mom. I would like to wish you a very Happy Valentine's Day!!!
I Love you, Mom
Sarafina H.

Karen,
From the beaches of Hawaii
To the grey skies here
I loved you endlessly
Each and every year
With only 40 words to write
It's over before I start
Love, Bill

I love you with all my heart.
Utterly intoxicated by your beautiful smile, mesmerized by your big brown eyes, infatuated by your devilish grace, and addicted to you luscious taste. Your beauty is unsurpassed and our love will forever last!
I would give my life for you!
xoxo Boo xoxo

Shawn,
Love can make you do things that your never thought possible. Like getting up at 5 a.m. just to make your lunch. You're more than any woman could ever dream of. Thank you for everything you do! Happy Valentine's Day!
Love, Megan

Tristan,
When I feel your arms around me I know this is where I belong
Nothing else matters when I enter this place
The unexplained mysteries of life are forgotten
I only have to look into your eyes to know that this is forever love

Tammy,
What a blessing you are to me. Thank you for allowing me to be a part of your life, for being my help-mate on this earth, and even more, for being a Proverbs 31 wife.
Your loving husband, Mike.

Jason,
"And when I shall die, take him and cut him up in little stars, and he will make the face of heaven so fine that all the world will fall in love with night and pay no worship to the garish sun." -- Shakespeare
Christy

Da Da ... I love the way you sing to wake me up, the way you look at me when I smile at you, the way you dance with me, and the way you love my Ma Ma! I'm proud to be your son.
I love you, Raif

Happy Valentine's Day,
To the lovely lady who has been with me through the ups and downs for the past 11 years. I know I haven't told you as much as you would like me to do; I love you. You are my

shining star, my soul-mate, my Woman, my Lover, and my (best) Friend.
Forever Love, Reggie

Michele,
I couldn't ask for a better friend, wife and mother. Thanks for a wonderful 19 years. You will always be my sweetheart every day of the year not just Valentine's Day.
Love, Duane

Honeybear,
I love you more and more each day! You make every day like Valentine's Day and I am blessed for having you as my husband. I thank God for you every day!
I Love You,
Your Little Angel

To two of the smartest, most thoughtful, giving, caring, sharing and handsome boys ~
I LOVE YOU, **Todd Michael** and **Calvin**. You're BOTH my favorite and my best!!
Love you very much
Mom xo

Birgit,
You are my lighthouse, my lover and best friend
I love you with all my heart and soul, thank you
for being my loving, caring wife --
Happy Valentine's day! Andy

Julie,
I just wanted to take some time to tell you how much I love and appreciate you. Thanks you for everything you do for our family. I love you more each day. I am lucky to have you as my eternal companion.
Love, Tony

Babe,
Our time together is worth every day. Since we met circa 1988 till our marriage Feb 1990 our love has grown. Together we've walk through life step by step.

Lisa,
In years past I prayed that God would give me the perfect woman. In April of 1997 God granted me the very desire of my heart. You are all that I've ever dreamed of and more. I love you with all of my heart.

Dear **Bronson G**,
Happy Valentine's Day Honey! I'm so in love with you.
You mean the world to me.
Love, Ashley G

Regel Agahan,
Loved you then ... still love you now and even more ... will love you forever and even longer than that. It's a beautiful life with a beautiful man ... could it get any better? Yes, we share a beautiful daughter. Happy Valentine's Day, Honey!
Yours Always ~ Kathy

Kathy K.,
Happy Valentine's Day Sweetheart -- I just wanted to let you know that I love you. Thanks for always being there for me.
Hugs and Kisses, G-Man

Ceci K.,
Happy Valentine's Day Sweetie -- I wanted you to know that Daddy loves you and is thinking about you.
Hugs and Kisses, Daddy

Jen.K,
Through all the times we've been through, I know we have many more to go. I love you now and forever, Happy Valentine's! Will you be mine?

Karen,
You are my one and only special love. You brighten my world and make it better. I look forward to retirement so we could spend more time together, vacation and have many HT. Happy Valentine's Day.
Love, Mark

Para mi querido amor "Ode",
Te Amo hoy mas que ayer! EJ

I used to look up at the first star and

make a wish every night...
To be happy.
It's been coming true for 13 years now.
L.L.K.K.H.H.M.M.

Sandi,
I would marry you again
Bob

Man-Dingo,
Intelligent, skilled, mechanically inclined, understanding, funny, gentle, insightful, compassionate, playful, kind-hearted, and loving. Marching like penguins around Bastogne, Paris, Austria, Holland, and Rothenburg ... I can hardly wait for more! Please.
E

Pickles,
Although many miles now separate us, you're still right with me in my heart. It will all work out in the end. See you soon. All my love on Valentine's Day.
ILYSM, Vito

I wish my beautiful wife Michele a "Happy Valentines,"
From the one that loves her the most!
(P.S. This doesn't mean you can sit on the furniture.)
IG

Daddy,
We can't wait to be back home again!
Wanted to let you know that you are missed! Happy Valentine's Day and Three Year Wedding Anniversary!
Love, Your Babe and Our Little Buddy

Dear **Bozolina**,
Honey we are coming up on our first year of marriage and I want to thank you for giving me the best year of my life. I'm so truly thankful that you walked into my life, you mean the world to me. We are both away from our family and friends but it makes it all worth while knowing I get to come home to you and only you, my best friend. Always know that I'm here for you, even if we have to meet in our dreams.
Love you, Your Bozo

Jimmy,
I love your shoes in the middle of the floor. I love the open cabinet door. I love the annoying things you do because more than anything.....I love you. "Thanks for Coming & Welcome Home"
-M

Elizabeth and Meagan,
Thanks for sticking together while Daddy was gone and making lemonade every single day. You are both absolutely beautiful and you melt my heart.
-Mommy XO

Melissa,
You are my one and only Valentine! I love you very much and I think about you all the time...
I LOVE YOU!!!
Love, Robert

Dear **Sandie**,
Thanks for being such a wonderful wife and loving mother. You make getting up everyday worthwhile ... you are a breath of sunshine even on the gloomiest of days. Too often I don't let you know how much you are appreciated and loved. So, Happy Valentine's Day ... I LOVE YOU, SWEETIE!
Keith

CW3 HIELSBERG,
Roses are red and Army is Green, Your the best JFCOE worker the Air Force has seen. I love you for you, and the work that you do. Your the greatest husband and I sure love you! Keep doing your best as I know you will do. I will always be here for you and only you.
I will love you always.....
Judy

Liz,
I can not tell you in words how much you mean to me. For over eight years now, you've been my soulmate and best friend. From Pig Out At The Park to Coulee Dam to DC to Sin City and now to Europe, we've been through a

lot and I wouldn't trade any of it for the world. I will always love you.
- Ben"

Dearest **Lizette**,
Roses are red
Violets are blue
I'd like a sandwich
Perhaps even two
Thinking of you always
Scott

Delicious Elegant Beautiful Intelligent Bountiful Elicit Angelic Lady Lover Love you, Big HairY Buddy (not B.O.B.)

To My Valentine, **SSgt. Randy "Shane" Smith**,
You are a wonderful father, husband and my best friend. I am so proud of you for serving our country. You are greatly appreciated and loved by me and our family. I love you very much. Love, Amy

To my **Herma**,
Your love and companionship for the last 22 years have been the best
The Air Force life is very hard and you make the times fun and fast
You built a great home and family being sent North, South, East and West. And it is because you our love and family will always last.
Happy Valentine's Day, Steven Sr.

Cherie,
In good times, in bad; in sunny days, in rain; in laughter, in tears; I'll always be in Love with you. Beloved, thank you for spending 12 years of smiles and frowns with me. I'll always be the man in love with you.
- T

Melissa,
You are my one and only Valentine! I love you very much and I think about you all the time. I LOVE YOU!!!
Love, Robert

Karen,
You always ensure I'm taken care of, you know what I'm thinking and what I want to do, we get along so well and for that, I thank you for all you do! We have had many good years together and I continue to love you MORE and MORE everyday.
Love always and forever,
Mark

Maiya,
Papa and I want you to know that you are our very special Valentine. You make us smile and you definitely keep our hearts young. Remember that we will always love you.
Happy Valentine's Day Sunshine from Grandma and Papa

To a wonderful Husband and Father, **Robert**,
Thank you for being our special Valentine not just on Valentines Day, but every day. We'll see you in 4 months!
From your Valentines, Cindy and RJ Martinez, III

Anne,
You mean the world to me. I Love you more than you will ever know. Thank you for making me the happiest man Alive. Happy Valentine's Day Sweetheart.
Love, RICK

Norman,
Thank you for being an awesome husband and a wonderful daddy. We love you so very much! You're the Best! You are such a blessing to us. Happy Valentine's Day!
Love always and forever, Jennifer and Olivia

Happy Valentines Day, to my beautiful wife **Julia** and my three beautiful girls! I love you all very much!
Love, Daddy

You are the light of my life and I will always love you.
Love, Charlie

To my **Babydoll Judy**,
You're my one and only now and forever. I thank God everyday that you're with me. Remember that I love you with every ounce of my soul.
Happy Valentine's Day, Sweetheart!!!
Heath

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PA NCOIC
Senior Airman Amaani Lyle.....Staff writer
Senior Airman Eydie Sakura.....Editor
Iris Reiff.....Leisure writer

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Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■ DirectLine@spangdahlem.af.mil

■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■ To PA in building 23.

■ Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.



Col. Dave Goldfein

February Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	325	35	-17
23FS	374	28	-16
81FS	225	62	+32

*Delta is contract vs. sorties flown to date.

Through Feb. 6

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Feb. 10, 2006

Page 5

Leadership

38th MMG deputy commander urges task delegation, overall responsibility

By Lt. Col. Anne Fitch

38th Munitions Maintenance Group deputy commander

Not too long ago, I was watching a news broadcast on a former corporate executive who was going to trial for wrongdoing related to his company's failure. Around the same time, the news was also reporting on congressional hearings related to actions before and after a natural disaster.

My overall impression in both cases was finger-pointing and blame-setting. What I didn't see and what was more important to me was the lack of leaders accepting responsibility for things that happened within their organizations. Despite what we see on the news, we look to history to find leaders who were willing to accept blame for failure within their organization.

Two such examples are President Abraham Lincoln and General Dwight D. Eisenhower. In "Lincoln on Leadership," author Donald Phillips recounts how President Lincoln readily took public responsibility when mistakes were made and battles were lost during the Civil War. At the same time, he ensured his subordinates got all the credit when things went right and victories won.

During World War II, prior to major operations, General Eisenhower prepared press releases accepting blame if an operation failed. On June 5, 1944, the general drafted the following taking full responsibility for a failed Normandy invasion: "Our landings in the Cherbourg-Havre area have failed to gain a satisfactory foothold and I have withdrawn the troops. My decision to attack at this time and place was based upon the best information available. The troops, the air and the Navy did all that bravery and devotion to duty could do. If any blame or fault attaches to the attempt it is mine alone."

Everyone makes mistakes and there are lessons in each of them. Failure is not the enemy of success; it is the teacher of success.

Leaders need to quickly accept responsibility or blame, according to Perry Smith in "Rules and Tools for Leaders," because somewhere within their organization, leadership failed in planning, organization and overall leadership.

However, acknowledging responsibility or blame is not just where a failure ends -- it is the beginning of the recovery process. The organization must quickly correct whatever went wrong so it can move on and succeed. Part of taking this responsibility is ensuring what went wrong doesn't happen again. Whether it requires training, new resources, plans, reassigning personnel, or disciplinary measures, actions must be taken consistently and quickly.

The Air Force Professional Military Education guide says that learning from mistakes is the essence of experience. Everyone makes mistakes and there are lessons in each of them. Failure is not the enemy of success; it is the teacher of success. We often learn more from our failures than our victories!

According to Diane Tracy in "10 Steps to Empowerment," some leaders in an effort to avoid failure try to personally retain control of the entire organization at their level. This is simply not practical or good sense. As one moves up in an organization or chain of command, responsibilities expand and there is not enough time for one person to do it

all. To ensure things get done, leaders must delegate tasks with the authority to complete them.

Leaders must also remember that when they delegate, they remain responsible for the overall success of the task. But there are ways to mitigate that risk.

One way is feedback and monitoring of the delegated task. Good leaders do this and it can be easily accomplished through routine updates at staff meetings or ad-hoc updates especially on time sensitive or critical tasks. Not being kept in the loop can have embarrassing if not devastating consequences. As an example, several years ago I was in a meeting where a commander asked a flight chief about an upcoming event for which she was responsible. All he got back was the proverbial deer in the headlights look.

She had delegated the task to one of her managers but had never followed up to make sure the event was on track. She had assumed that once she had assigned the event to the manager it would happen and that was all she needed to do. There were problems with the event but leadership was not aware of them until after this meeting when it was almost too late to fix them.

Responsibility is not only inherent in leadership but is integral to the Air Force core values of integrity, service before self and excellence in all we do. We need to follow the examples of leaders who have gone before us and take responsibility for our actions and of those we lead. We must also learn from mistakes and make sure they don't happen again.

"All this has been my fault. It is I who have lost this fight, and you must help me out of it the best way you can." -- Gen. Robert E. Lee after the failure of Pickett's Charge at the Battle of Gettysburg.

Culture Corner

Celebrating Black History Month

Bessie Coleman was born into a poor family in a small town in Texas in 1893. Her mother supported the family by doing laundry, and Bessie and her sisters worked during school holidays picking cotton to supplement the family's income.

Bessie Coleman was a good student who liked to read and excelled in mathematics. She had a curious, adventurous mind, which resulted in her becoming the first African-American woman aviator.

On Nov. 20, 1920, Bessie Coleman embarked on her voyage to France, and she enrolled in the Ecole d'Aviation des Freres Caudron, completing a 10-month course of study in only seven months. She learned to fly in a Nieuport Type 82 biplane, and in June 1921, she was awarded an international pilot's license from the Federation Aeronautique Internationale.

In September, she returned to the U.S. where the press hailed her as "a full-fledged aviatrix, the first of her race." She received a great deal of publicity, but realized that she would need to become a stunt flyer in order to make a living from flying, as commercial aviation was not much of an industry in the early 1920's.

Her ultimate dream was to open a flying school to train Mexican American

pilots. She was quoted in the Houston Post-Dispatch as saying that she would "make Uncle Tom's cabin into a hangar by establishing a flying school." Sadly, her dream was never realized. The first plane she bought, in hopes of starting the school, was in poor condition and she was injured when it crashed.

On April 30, 1926, Bessie Coleman and her mechanic, William Wills, went up in an Army surplus plane to prepare for a stunt the next day in which Coleman was to parachute out of the aircraft. Wills was at the controls, and Coleman had unfastened her seatbelt so she could look out of the cockpit to survey the field below where she would be jumping. Evidently a wrench fell into the gearbox causing the plane to suddenly accelerate, go into a tailspin, and flip over. Bessie Coleman fell out and was killed. Wills was killed also when the plane hit the ground.

Bessie Coleman was honored by the U.S. Postal Service in 1995, when she appeared on a postage stamp. The request for a Bessie Coleman stamp was initiated by the Chicago City Council, who wrote, "Bessie Coleman continues to inspire... millions of young persons with her sense of adventure, her positive attitude, and her determination to succeed." (Information courtesy of <http://www.ninety-nines.org/>).



Bessie Coleman, the United States' first African-American woman aviator.





Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



School advisory board

The Eifel School Advisory Board holds a public meeting Thursday at 6 p.m. at the Willkommen Center, building 42. All community members are welcome and parents of school-age children are encouraged to attend. For details, call Maria Correa at 06561-604620 or the school liaison office at 452-6942.

Family Advocacy news

For more information about Family Advocacy programs and classes, call Cecilia Diaz at 452-8279.

- ♦ The Spangdahlem AB playgroup meets Tuesdays from 10 a.m. to noon in building 409, stairwell A

- ♦ The Bitburg Annex playgroup meets Thursdays from 10 a.m. to noon in building 2012

- ♦ Anger Management class takes place Tuesday, Feb. 21 and 28 from 9-10:30 a.m.

- ♦ Passport to Parenthood takes place March 22 from 1-4 p.m. at the Bitburg Annex Family Support Center. Registration is required. Call Julia Crissinger at 452-8279.

Ladies crud tournament

A ladies crud tournament in the officers' bar in Club Eifel takes place March 10. People interested in forming a team should call Sharon Wright at 06565-933599 or e-mail her at wrightshar@aol.com.

OCSC spouse scholarships

Applications are now available for the Officers and Civilians Spouses Club's spouse scholarship. The club has about \$4,000 in scholarship money available for the 2006/2007 school year. Applications must be postmarked by April 5. For details, e-mail Deb Neubauer at OCSCspousescholarship@hotmail.com.

SSEMC Poland trip

The Spangdahlem Spouses and Enlisted Members Club-sponsored express Polish pottery shopping trip takes place March 17-19. Call Kristy Turner at 06561-946227 or e-mail trips@ssemc.org for more information.

Scholarship info

The Defense Commissary Agency and the Fischer House Foundation accept applications now through Feb. 22 for education scholarships for

children of military families and retirees. Applications and details are available at www.militaryscholar.org.

Brick House news

- ♦ Casino night takes place Feb. 17 from 6-10 p.m. for people ages 18 and older.

- ♦ Airmen should begin practicing now for the base-level USAF Idol talent contest taking place March 4 at 7 p.m. Winners move up to compete in the U.S. Air Forces in Europe contest April 22. Call 452-7381 for details.

Performing arts camp

Youth, ages 14-18, are invited to attend a free, week-long camp at the Nell Buckley Performing Arts Camp at Missoula Children's Theater in Montana this July. The deadline to submit audition tapes at the Spangdahlem AB Youth Center, building 427 is Feb. 25. People who need to make an audition tape can sign up for a time Feb. 25 at the Brick House. For more information, call Sally Fuller at 452-7546.

SES news

The Spangdahlem Elementary School PTSA general membership meeting takes place Feb. 23 at 6 p.m. in the multipurpose room. The event features a Black History Month performance by fourth-grade students. E-mail barbara.triplett@eu.dodea.edu for details.

BES news

There will be no school Feb. 20 in observance of President's Day; Feb. 23 is the Parent Teacher Association meeting at 6 p.m.; Feb. 24 is popcorn Friday; and there is no school Feb. 27 for teacher workshop day.

BMS news

- ♦ People interested in volunteering one hour a day or one hour a week as a mentor for the middle school should call Pam Ragnoli at 452-9310 or 06565-61-9310.

- ♦ A school advisory meeting takes place Wednesday at 3 p.m. at the BMS in room 110. All BMS parents are encouraged to attend.

BHS news

- ♦ The music department needs a harpist with instrument to assist the high school band in their upcoming spring program. For details, call Anton Andren at 452-8202 or e-mail him at

anton.andren@eu.dodea.edu.

- ♦ The junior class sponsors a flea market today from 5-9 p.m. and Saturday from 10 a.m. to 4 p.m. at the Skelton Memorial Fitness Center. Proceeds will benefit the 2006 Prom. To donate items, drop them off at either the Spangdahlem Middle School or Bitburg High School. For details, call Susan or David Schwartz at 452-9310 or 06568-966832.

- ♦ There will be no school Feb. 17 for teacher training; Feb. 20 in observance of President's Day; and Feb. 27 for teacher training. Call the high school at 452-9202 for details.

- ♦ Students needing assistance with filling out a resume or advice on bank accounts, job applications or career assistance, should check out Planning for a Career and Future Feb. 28 from 1:30-3 p.m. at the high school. People interested in volunteering should call Patti Porter at 452-9206.

- ♦ Bitburg High School seeks parent volunteers to serve as a hospitality group during the BHS North Central Association visit April 19-20. Duties include preparing snacks for the visit, greeting the visiting officials and other miscellaneous tasks throughout the school days. Also, parent volunteers are needed to be interviewed by the NCA team about the BHS educational community. E-mail valarie.mcamish@eu.dodea.edu for details on being part of the hospitality group or amy.elsbury@eu.dodea.edu for details about being an interviewee.

- ♦ Students seek tutors in all subjects during and after school hours. E-mail fran.laakman@eu.dodea.edu or call Sharon Krol at 06565-619202 for more information.

Read by Mail program

Sign up for the 2006 Read by Mail program now through April 21. Children can earn a variety of rewards based on the number of books read and points earned at the end of the program. Call Sally Fuller at 452-7546 for details.

Volunteers wanted

The community relations and public affairs offices need volunteers for this year's Explore the Eifel event in July and other upcoming base and community events. Duties include translating, escorting and administrative support. For details, call Bernhard Schaefer at 452-7161.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.

- ♦ Sunday, 8:30 a.m.

- ♦ Sunday, religious education, 9:45 a.m. (Building 139)

- ♦ Monday - Thursday, 11:45 a.m. Protestant

- ♦ Sunday, 10:30 a.m., traditional service

- ♦ Sunday, 1 p.m., Korean service

- ♦ Sunday, 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.

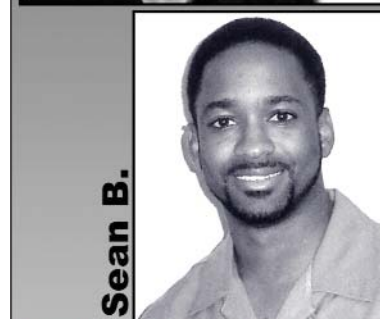
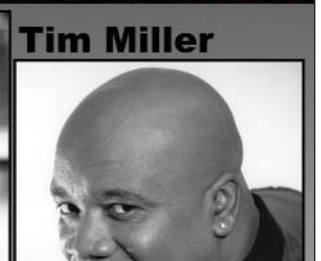
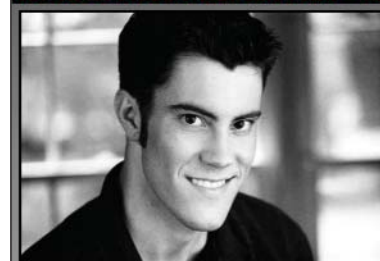
- ♦ Monday, 8:30 a.m. Protestant

- ♦ Sunday, 8:15 a.m., liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



YOU'VE SEEN THEM ON BET COMIC VIEW • HBO SNAPS • SHOWTIME AT THE APOLLO



SHOWTIME AT THE APOLLO • COMEDY CENTRAL • LAFFAPALOOZA • DREW CAREY SHOW

Feb 18th • Doors open 8:30 p.m.

TICKETS: \$12 MEMBERS/\$17 NONMEMBERS
ADVANCE TICKETS: \$10 MEMBERS/\$15 NONMEMBERS



TICKETS MAY BE PURCHASED AT THE DOOR OR IN ADVANCE AT THE CASHIERS CAGE.
CALL 452-4639 FOR INFORMATION.
FOR ADULTS 18 YEARS AND OLDER ONLY.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Movies

The following movie listings are for today through Feb. 16. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Aeon Flux (PG-13, 7 p.m.)

Aeon Flux is a mysterious assassin working for the Monicans, a group of rebels trying to overthrow the government. When she is sent on a mission to kill the "chairman" a whole new mystery is found.

Casanova (R 9:30 p.m.)

Heath Ledger plays the fabled romantic as a man who, after failing to win the affection of a particular Venetian woman, strives to discover the real meaning of love.

Saturday

Just Friends (PG-13, 7 p.m.)

A man comes face-to-face with old high school crush -- a woman whose rejection of him turned him into a ferocious womanizer.

Casanova (9:30 p.m.)

Sunday

Just Friends (4 p.m.)

Aeon Flux (7 p.m.)

Monday

Just Friends (7 p.m.)

Tuesday

Casanova (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Fun with Dick and Jane (PG-13, 7 p.m.)

An update of the 1977 comedy, where a married couple turns to robbery to pay the bills.

Harry Potter and the Goblet of Fire (PG-13, 9:30 p.m.)

Harry finds himself selected as an under-aged competitor in a dangerous multi-wizard school competition.

Saturday

Big Mommas House 2 (PG-13, 7 p.m.)

On his latest assignment, FBI agent Malcolm Turner goes undercover as Big Momma, and works as a nanny for an unhappy woman who is under investigation for murder.

Fun with Dick and Jane (9:30 p.m.)

Sunday

Big Mommas House 2 (4 p.m.)

Derailed (R, 7 p.m.)

Two business executives are having an affair with each other and are blackmailed by a violent criminal. The two must turn the tables on him to save their families.

Closed Monday and Tuesday

Wednesday

Derailed (7 p.m.)

Thursday

Walk the Line (PG-13, 7 p.m.)

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis.

Germany's silly season

Fasching parades, parties highlight pre-Lentin season

Story and photos by Iris Reiff

52nd Fighter Wing Public Affairs Office

Germany's silly season called "Fasching," officially began Nov. 11 at 11:11 a.m. with speeches, plays and a toast to the Fasching Prince and Princess. However, things really get going Feb. 23 which is Fat Thursday -- when Germany's ladies take charge of the towns and villages celebrating and dancing throughout the streets.

Thousands of Fasching clubs host costume balls, dances and "Sitzungen," or sessions, with all events starting off 11 minutes past the hour. No one is exactly sure about the significance of the number 11, however, one of the most popular explanations is, that God gave Moses not ten, but eleven commandments, the eleventh being, "Thou shalt have a good time."

The good times roll to an end around midnight Feb. 28, the night before Ash Wednesday when the season of Lent begins.

Depending on the area, Fasching is observed differently, with many regions having their own legends and traditions. The celebrations that attract the most attention and the greatest number of visitors are the lavish parties along the Rhine River in Mainz, Cologne and Duesseldorf.

Parades

The dates of Feb. 26-28 feature the big Fasching parades everywhere. Although almost every town and village have their own community parade, the most famous German parades are, on Rose Monday (Feb. 27), in Cologne, Mainz, Duesseldorf and other towns along the Rhine River, as well as in Aachen and Munich.

People can find the typical big-city events and spectacular shows. Crowds of people stand along the streets, taking part by cheering and singing popular songs. In addition, millions of people watch the carnival on TV. The theme of the parade changes each year, however, the floats and costumes are always beautiful.

The parades are usually led by the Fasching Prince's honor guard dressed in white wigs, bright colored coats, three-cornered or peaked hats, white pants and



Many children dress up in similar costumes like this rabbit outfit. People often get their costumes tailored and costumes made for Fasching. Any motif is allowed during Germany's silly season, as long as it is "whacky."



A group of Scarecrows put on a dance at the recent Burg "Kappensitzung" Fasching gathering.

high black boots. Almost every local town and village conducts a Fasching parade either Sunday or Monday, with some on Tuesday.

Observers do not wear customs, however, some people wear regular clothes and paint their faces or wear a hat. Children bring bags along to collect candies and sweets the Fasching fools hand out into the crowds.

Fasching balls, celebrations

There are several Fasching events in the local area. Carnival and masquerade balls kick off in almost every town and are held in either a local gasthaus or public spot in town now through Feb. 28. These are public events and everyone can join in. People may wear costumes at a Fasching ball, and at a "Preis-maskenball," or prize masquerade ball. It is not mandatory to wear a mask at a regular costume ball, but people must wear a mask to participate in a Preismaskenball where the nicest costumes or best ideas are honored with money, tours and other items.

People can enjoy the competition in a group or individually. The celebrations usually start at 8:11 p.m. or 9:11 p.m., and participants must be there no later than 9:30-10 p.m. to compete. Those who want to attend a prize masquerade ball must wear a mask until 11:30 p.m. or midnight, when the prizes are given away for best costumes and ideas. In some places, the prizes range from 50-250 euro best masks and costumes.

While masquerade balls and other Fasching events take place in the evening, the children with their parents are welcome at the town halls and gasthauses throughout the day. Fasching celebrations are usually a lot of fun and a good way to get closer to your German neighbors.

People who want to march in a parade as a group or individually, can contact their mayor, German friend or neighbor. Dance groups are also welcome to participate in any event.

Ladies Fasching

The ladies in Germany will be in charge of the country for one day during ladies Fasching. In Wittlich, Bitburg and Trier, people can experience how the ladies get dressed up as old ladies with funny masks. They capture the town's Rathouses and some even climb up a stairwell and through the window into the

Rathaus. They will take the symbolic key to the Rathaus from the mayor, which puts them in charge of the town for the rest of the day. This is usually a big show with lots of observers and merrymaking in front of and inside the Rathouses.

Base members will help the Bitburg mayor, Dr. Joachim Streit, defend his Rathaus from the ladies. This

fun event takes place Feb. 23 at 11:11 a.m. in front of the Bitburg city hall and is a great Fasching memory for Americans. A delegation from the base will also join in celebrations in Wittlich Feb. 23 at 11:11 a.m. in front of the Rathaus, located right in the center of town.

It has become a tradition for children to stand in the street and stop cars during Fasching. The children ask drivers to give them a small donation, which is normally 20-50 cents, or they will not let people drive through. It is not necessary to stop and give money to the children, however, it is necessary to drive slowly in the communities. People need to watch out for and be aware of children in the roads. Just wave at them and they will eventually move out of the road.

Alcohol controls will be enforced by German Polizei.



A "nun" and monk friends entertained observers during last year's Fasching parade in a local village. Most local parades take place either Feb. 26 or Rose Monday on Feb. 27.

Sports Briefs

February fitness events

♦ The American Heart/Valentines 5K fun run/walk takes place Tuesday at noon at the Skelton Memorial Fitness Center. The route is along Perimeter Road and there is no time limit. Parents can bring their children and dogs.

♦ Burn major calories with three hours of spinning during a Spinathon Feb. 25 at 10 a.m. in the Skelton Memorial Fitness Center. The event features three instructors, but participants do not have to do all three hours. They can also sign up for one or two hours. Call the Skelton Memorial Fitness Center at 452-6334 to register.

USAFE sports officials needed

USAFE sports needs new and experienced officials who are interested in officiating the USAFE small unit basketball championships March 5-11 at Vogelweh; the basketball championships March 19-25 at Spangdahlem; the volleyball championships May 14-20 at Alconbury, England; the small unit softball championships Aug. 6-12 at Fairford, England; the softball championships Aug. 13-19 at Lakenheath, England; and the soccer championships Oct. 15-21 at Ramstein. People interested can submit an AF Form 303 to the USAFE Sports office four weeks prior to the event. Game fees, transportation and lodging are provided. For more information, call Mark Warner at 452-6634.

Kaiserslautern triathlon

The Second Annual Kaiserslautern Triathlon takes place May 7 in Kaiserslautern. For more information, visit www.triathlon-kl.de.

Volkel volleyball tournament

The 2006 Volkel Air Base volleyball tournament takes place March 18 at Volkel AB, Netherlands. The cost is \$30 and the deadline to register a team is March 10. It is a four to six team round robin tournament. For details, call Staff Sgt. Crystal McCray at 359-5804 or Senior Airman Jarret Espiritu at 359-5805.

Bamberg arm wrestling tournament

Take part in an arm wrestling tournament at U.S. Army Garrison Bamberg Freedom Fitness Facility March 25. It is open to all Department of Defense identification card holders and the cost is \$15 to register. The first 50 competitors receive a free T-shirt and awards are presented for the top three finishers. Weigh-in takes place at 10 a.m. and the competition begins at 1 p.m. For details or to sign up, call the Freedom Fitness Facility at 469-8890 or e-mail joseph.proctor@us.army.mil.

Congratulations

DJ Coburn, 52nd CES, is the 2006 Intramural League MVP, and **Evin Back**, 52nd Component Maintenance Squadron, is the 2006 Scoring Champion. Check out the Feb. 17 edition of the *Eifel Times* for coverage of the East All-Stars vs. the West All-Stars basketball championship game.

52nd MDG educates wing on National Heart Month, Blood Pressure Education Awareness Month

By Lt. Col. Mary Hornback

52nd Medical Group

February is National Heart Month and National Blood Pressure Education Awareness month.

According to the National Heart, Blood and Lung Institute, heart disease and stroke are the first and third leading causes of death in the United States, and are the primary components of cardiovascular disease. Combined, these killers account for 40 percent of all U.S. deaths ...about 927,000 people annually or one death every 34 seconds. In addition, cardiovascular disease can also cause crippling disability.

Major risk factors are high blood pressure and high cholesterol. High blood pressure, known as the "silent killer," usually causes no symptoms until the disease is well advanced. Because the heart must work harder, it can become permanently enlarged and not pump effectively.

The blood vessels can also become damaged from the constant high pressured pounding which leads to narrowing, clogging or even bursting of the blood vessels. High cholesterol also acts as a silent killer causing "plaque" buildup and impairment of blood flow to the heart, brain, or other vital organs.

Although these conditions are the primary components of cardiovascular disease, both can usually be controlled with lifestyle changes and medications. Eliminating unhealthy practices in your daily living is the first step. These include cigarette smoking, lack of regular activity, being overweight and unhealthy eating.

The health and wellness center, located on Spangdahlem Air Base, building 130, offers classes and counseling in smoking cessation, nutrition, cholesterol management and individualized exercise programs. All services are free and are available to all

Department of Defense employees and family members. To make an appointment, call 452-4295 or 06565-61-4295.

People can also get a free DVD on high blood pressure and high cholesterol from the Office of Population Health. Call 452-8127 or 06565-95-8127 to receive a copy.

To ensure that people do not have high blood pressure or high cholesterol it is important to have routine screenings. Starting at age 18, everyone should have blood pressure screening at least every two years, and beginning at age 25, should have a cholesterol screening at least every five years.

If people have other risk factors, their healthcare provider could recommend more frequent screenings. If it has been more than one year since a wellness exam, people should call 452-8333 or 06565-95-8333 to schedule a wellness exam appointment or request a cholesterol screening.



Balancing act

Senior Airman Eydie Sakura

Hannah Fonville, 5, daughter of Tech. Sgt. James Fonville, 52nd Component Maintenance Squadron, puts her stability to the test on the balance beam Feb. 3 at the Gymnastics Loft on Bitburg Annex. Her instructor, Hilda Smith, has been teaching youth gymnastics for more than eight years. People interested in enrolling their child in gymnastics should call Spangdahlem Air Base Youth Center at 452-7546.

Scoreboard

The following is a list of the latest scores for the week ending Feb. 8.

Over 30 basketball championship game

52 CES	49	52 EMS	29
52 CES	48	52 EMS	43

Congratulations to the 52nd Civil Engineer Squadron Over 30 Champions for their second year in a row!

Intramural basketball championship game

52 CES	74	52 MDG	64
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Congratulations to the 52nd Civil Engineer Squadron Intramural Basketball Champions!

Action Jackson



Ed Marshall

The 52nd Civil Engineer Squadron's Kirk Jackson just misses throwing one down against the 52nd Medical Group, during the Intramural Basketball Championship game at the Skelton Memorial Fitness Center Tuesday.

Darsity-level athletics joint training programs

The Armed Forces men's and women's volleyball training camp at Fort Huachuca, Ariz., takes place May 11-18. The registration forms are due March 9.

The Air Force Sports Program women's soccer training camp at Pope Air Force Base, N.C., runs April 24 through May 12. The Armed Forces camp takes place in Paris May 13-20. The registration deadline is March 10.

The Air Force Sports calendar can be viewed at <http://www-p.afsu.af.mil/AFSports/Documents/2006AFSPORTSCALENDAR.doc>. For more information, call Mark Warner at 452-6634.